

# ANDOVER ELDER SERVICES

The Senior Center at Punchard

## Message from Jemma Lambert

The pieces are finally coming together! While we don't have all the answers at this moment we have a lot to share with you about the upcoming transition.

### Communication

You'll be hearing from us twice over the coming weeks with continued updates on the transition plan. Specifically, the Town of Andover had to go out to bid for a rental space for our temporary Senior Center. We will open those bids on November 8<sup>th</sup> and will know where we'll be moving. As soon as that space is confirmed on the 8<sup>th</sup> we'll communicate with you again with all of those details. Please keep an eye on your mailbox near the end of November for that important newsletter!

Here's what we do know today:

### Staff Offices

Staff will move to Town Hall at 36 Bartlet Street on the first floor. You will want to visit our offices to:

- Register for a class or make an appointment
- Meet with a case manager or social worker
- Meet with Ashley English, our Volunteer Coordinator
- Speak with Chris about a billing or payment issue
- Get the answer to a question you may have

Visitors should park in the half-circle directly in front of Town Hall on Bartlet Street and enter under the awning. Once inside, our office can be found on the right at the end of the hall.

### Reaching Staff by Phone

All phone numbers for staff and the Senior Center will remain unchanged.

### Senior Connections/ Social Day Program

Will be moving to 2 Dundee Park. Stephanie, Sharon and all of the wonderful program Aides will call their beautiful temporary space home for the duration of the transition.

### Classes/Activities

While there will inevitably be changes to the activity calendar, Kathy and the team are hard at work transitioning everything to our temporary home or with key community partners.

### Final Celebrations

We invite all to join us to bid a fond farewell to the "old" Center on **Friday, November 22**. We'll have coffee and refreshments in the morning and desserts in the afternoon. Hope to see you there!

### Closure

The Senior Center and all of its activities will be **closed the week of November 25**. Home Delivered meals will be provided during this period of time; however, congregate lunch will not be served the week of November 25. We will welcome all to our new "home" on the Monday following Thanksgiving. More details in the following pages.

### New Director Search

The search for Andover's next Director of Elder Services continues. The Town Manager has wisely decided to hire a head hunter to help us find the right candidate for the job. We'll keep you posted!

I want to thank the wonderful team at Elder Services, the Council on Aging Board, the Transition Team, the Friends, the Town Manager and my fellow Department Heads one and all for lending their expertise during this complex transition. Everyone's hands have been or will be contributing to our continued success. A big thank you to all of you for trusting us to make the best decisions for all concerned. We'll see you soon.

Kindest regards,  
Jemma

## How to Register

**In Person:** Mon-Wed 8 am-4 pm, Thur 8 am-8 pm, Fri 8 am-4 pm  
30 Whittier Court, Andover, MA 01810

**By Phone:** 978.623.8320

**Online:** [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

**Payments:**

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card

## Council on Aging Vision, Mission and Values

### VISION

Today's active older adults are redefining quality of life and healthy aging. The Center at Punchard strives to be the focal point for Andover area older adults who depend on us to support their vitality and independence, provide them with a sense of purpose and the opportunity for seniors to help seniors.

### MISSION

To empower, improve and enrich the lives of our citizens, focusing on adults age 50 and over and those with disabilities, and enhance their quality of life and feeling of self-worth by promoting healthy aging, independence, life-long learning and physical, social and emotional well-being, through caring service with opportunities for social interaction among their peers and the community, recreation, basic support and needs services, culture, entertainment, education, volunteerism and community activism.

### VALUES

<b>COMPASSION</b>	Caring about our community.
<b>INTEGRITY</b>	Adhering to high moral principles and professional standards.
<b>SAFETY</b>	Promoting a safe, inviting and accessible environment.
<b>DIGNITY</b>	Respecting all those who interact with the Center.
<b>DIVERSITY</b>	Embracing differences in skills, knowledge, cultural heritage, ethnicity, gender orientation, economic circumstance and religion.
<b>LEADERSHIP</b>	Guiding all toward life-long well-being.
<b>WISDOM</b>	Drawing from the accumulated wisdom of everyone to benefit the larger community.
<b>INNOVATION</b>	Reaching beyond the commonplace to address diverse interests and needs.
<b>SERVICE</b>	Assisting anyone in need of information, housing, food, caregivers, transportation and various other support.
<b>REMEMBRANCE</b>	Honoring the presence and accomplishments of our patrons in the community.
<b>JOY</b>	Bringing pleasure through education, social events and recreation.

## Hours of Operation

Monday	8 am - 4 pm
Tuesday	8 am - 4 pm
Wednesday	8 am - 4 pm
Thursday	8 am - 8 pm
Friday	8 am - 4 pm

## Contact Information

**Phone:** 978.623.8320

**Info Line:** 978.623.8302

**Email:**

[seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

**Web:**

[andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)



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## Council on Aging Board Members

Paul MacKay, Chair

Molly Bicking, Vice Chair

Kenneth DeBenedictis

Joan Fox

Tana Goldberg

Louise Hadad

Jeff Kaplan

Kimberly Rainen

Thomas Rando

Judy Trerotola

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

## Highlights and Transition Updates

### Important Dates and Information

- Closed Veterans Day on Monday, November 11
- Last day at the Senior Center is Friday, November 22
- Closed the week November 25-29
- New location to be announced will open on Monday, December 2
- Telephone numbers and email addresses will remain the same

### Farewell Party

**Friday, November 22**

Join us for "Food and Fun" as we say goodbye to the Senior Center for the next 18-24 months while construction is underway.

### Case Management & Outreach Services updates

Given the Senior Center will be undergoing a major renovation starting this fall and the Center will be closed for approximately 18-24 months, it is necessary for staff to re-locate their offices. Most staff, including all Outreach and Case Management Services, will be temporarily located on the front side of Town Hall, ground level. Visitors should park in the half-circle directly in front of Town Hall on Bartlet Street and enter under the awning. Once inside, our office can be found on the right at the end of the hall. There will be signage directing where to go upon entering. There is plenty of short term parking in the front section of Town Hall. All inquiries re: outreach services, Meals on Wheels and case management services will be available at this location. Our telephone numbers and email contacts will remain unchanged.

### Senior Connections temporary space at Dundee Park

While the Senior Center undergoes major renovations, Senior Connections will be temporarily moving to 2 Dundee Park, Suite 201 (2<sup>nd</sup> floor) in Andover. The building is handicapped accessible and has plenty of parking, including handicapped spaces. The sidewalks, ramps, and stairs are also conveniently heated to assist with snow/ice melt during the winter months. Senior Connections will be closed to its participants the week of November 25<sup>th</sup> to allow our staff to move all of our furniture and supplies to Dundee Park and to set up the space. We will be fully operational on Monday, December 2<sup>nd</sup> and will continue with day care as normally scheduled. We expect the renovations to take approximately 18-24 months and we will provide regular updates on the progress. We are very excited about Senior Connections' temporary home and cannot wait for our participants to see it! Please reach out to Stephanie McSurdy at 978-623-8339 with any questions regarding the transition.

### Fitness Class Update

All fitness classes in the Fall Session, except for Tai-Chi and Serenity Yoga will be extended until November 22. That is our last day at 30 Whittier Court. In our next newsletter the location & times of all classes for the Winter Session will be listed. Please know we are trying our best to keep classes on the same day of the week, but times may vary from what has been offered. Thank you. All Thursday evening programs will end on November 7th.

### Nutrition Program, Lunch Box and Catering

The last day for congregate lunch at our current location will be Friday, November 22. There will be no congregate lunch the week of November 25. Congregate meals will begin again on Monday, December 2 at our new location. There will be no interruption with the Meals on Wheels program and meals will be delivered on November 25, 26, 27. The last day of Lunch Box and Catering will be November 22.

### SHINE

**(Serving Health Information Needs of Everyone)**

This confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. We have a few appointments available. Must call to make an appointment. Cost: Free

Elder Service of Merrimack Valley can also help - call 800-892-0890.

### Medicare Open Enrollment has started!

**8:30 am - 11:30 am**



## Highlights and Transition Updates

### Thanksgiving Luncheon

Sign up to enjoy a wonderful turkey dinner! | Cost: \$10 | To attend you must purchase a ticket at the front desk.

**Wednesday, November 13 at 12 pm**

### Community Wide Flu Clinic

Offered through the Department of Public Health (DPH) for any Andover residents 2 years & older. / Cost: **FREE** / Must call the DPH to make an appointment

**Thursday, November 14 from 4-7 pm**

### Harvest Festival Gift Bag Deliveries

Sanborn Elementary School 5<sup>th</sup> grade students, accompanied by their teachers and parent chaperones, will be delivering Harvest Festival Gift Bag deliveries to seniors in their homes on Friday, November 22, between 9:30 a.m. – 12 p.m. The bags will be filled with items such as cheese & crackers, fruit cocktail, juice boxes, handmade bookmarks, hand-made cards, tea bags and a small plant. **You will need to be home on Friday morning, November 22 to receive the bag. Please sign up to receive your special gift bag delivery, by Friday, November 15 by calling Kristine Arakelian at 978-623-8320.**

**Friday, November 22 from 9:30-noon**

**Brown Bag will not be held in November, it will be held in December on the 10th at our new location to be announced in the next couple weeks. Thank you.**

Individuals must be 60+ with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable and non-perishable food items. Typically, brown bags are distributed on the fourth Tuesday of the month. Individuals who meet the requirements and want to participate must complete an application with a staff member. Cost: Free



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## Monthly Events

### **Estate Planning & Elder Law**

**Friday November 1 at 10:30 am**

Atty. Jason Ebacher will be presenting a seminar that will discuss the basics of Elder Law, proactive planning for long term care and methods to protect your assets while preparing for the cost of long term care. Please register to attend Cost: Free

### **Device Advice**

**Tuesdays November 5 & 19 from 7-8 pm**

Bring your technology questions to the Reference Desk at Memorial Hall Library. Get help with the basics for iPads, cellphones, laptops, Kindles and other e-readers. Bring your chargers, usernames and passwords. If you're unable to attend at this time, please stop by the Reference Desk anytime for device assistance.

### **Andover Chroniclers**

**Thursday, November 7 & 21 at 9 am**

The Andover Chroniclers produce videos for the Center at Punchard. In addition, they produce a monthly program "There Is Something About Andover" that highlights local institutions and people to inform and entertain the community. It airs on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast). Mon, Tues: 9 AM; Wed: 7 PM; Friday: 6 PM; Sat: 7 PM. This group meets on the first and third Thursday of the month.

### **Bereavement Support Group**

**Thursday, November 7 from 1:30pm-3:00pm**

This group is designed to provide individuals help coping with the loss of a loved one. It is held on the first Thursday of every month. Must register to attend by calling Lois Marra of Home Health VNA Hospice at 978.552.4537; leave a message with your name and phone number and she will return your call. Cost: Free This group will be on break until March of 2020.

### **Dementia Dialogues**

**Tuesday, November 12 from 9:30-10:30 am**

#### **Meets at Memorial Hall Library**

A monthly discussion group for anyone and everyone wanting to discuss dementia, including caregivers/care partners and people living with dementia. Facilitated by Emily Kearns, PhD, MBA, RMT. Emily is committed to change-making, including innovative programming and community education, so that individuals living with dementia may continue to live well, experiencing joy and meaningful engagement in communities that support and celebrate them and the life they choose. Meets in Alcove 2 on Level G. No charge, call 978-623-8430 to register.

### **COA Board Meeting**

**Thursday, November 14 at 8:30 am**

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

### **TRIAD Meeting**

**Thursday, November 14 at 10 am**

TRIAD is a joint collaboration between the Andover Elder Services, Andover Police Department, Essex County District Attorney's Office and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. TRIAD holds a public meeting on the second Thursday of each month.

### **Parkinson's Support Group**

**Thursday, November 14 from 1:30-3 pm**

Amy Finke, CAPS, CEAC VP Business Development, Lifeway Mobility, will be here for "An Overview of Home Modifications" on Thursday, Nov. 14th at 1:30 p.m.

Due to the Senior Center renovations, space limitations and need to re-locate off-site for 18-24 months, the Parkinson's Disease Support Group will be on hold until further notice. The initial plan is to resume meetings sometime mid-winter, once we re-settle in our new, temporary spaces in Andover. Please look for updates as plans become clearer this winter. In the meantime, please contact Kristine Arakelian, Outreach Coordinator for a listing of local support groups for Parkinson's' Disease.

## Monthly Events

### **Happy Birthday to You!**

**Friday, November 15 at 11:45 am**

Held on the third Friday of every month. You should come to this fun congregate lunch with entertainment (provided courtesy of the FRIENDS). It does not have to be your birthday month to attend - the more the merrier! Must register to attend. Cost: Suggested donation of \$3

### **Coffee with Mark, VSO**

**Monday, November 18 from 8:30-9:30 am**

Please stop by to meet Mark Comeiro and learn more about veteran services provided on a local, state and federal level. Meets second Monday of the month.

### **Computer Users Group**

**Monday, November 18 from 1:30-3:00 pm**

This group meets at Memorial Hall Library. Participants who attend are able to learn a variety of computer related skills. This month Streaming Video with Roku, Apple TV, Chromecast, etc Must register to attend. Cost: Free

### **Pain Management Support Group**

**Monday, November 18 at 1:30 pm**

This intimate and confidential group meets on the second Monday of each month and is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN. Must register to attend. Cost: Free

### **Fix It Shop**

**Monday, November 4 & 18 from 1:00—3:00**

This is an excellent resource offered by a dedicated group of individuals who enjoy fixing things. Bring your lamps (new cords & sockets), small appliances, chairs, small tables and any other small project. They will try to fix it. First come first served basis. If you would like to join the group, stop by and say "Hi" Cost: \$4 plus parts for seniors (ID required); \$10 plus parts for non-seniors and non-residents; \$2 diagnostic fee

### **Caregiver Support Group**

**Monday, November 18th at 1:30 pm**

This group offers an opportunity for caregivers to sit with other caregivers to discuss the challenges associated with their roles while providing resources and support for each other. This group usually meets the third Monday of each month. Please register to attend. Cost: Free

### **Techie Live**

**Monday, November 18th at 1:00 pm**

Chris Lefebvre from eXp Realty in Andover has grown up with computers and technology and has 30+ years of experience working with an array of technological devices. Questions about cell phones, tablets, laptop computers, etc. will be answered. Offered the third Monday of the month. Please call the Center to make a 30 minute appointment. Cost: Free

### **Ask the Lawyer**

**Monday, November 18 from 9:30 am—11:30 am**

Legal clinic is offered by Justin St. James, Esquire. He is licensed in MA & NH. Must call to schedule appointment. Appointments are 20 minutes and scheduled in chronological order to help save time. Please do not miss your appointment. Call to cancel if you cannot attend. Limit of one question/issue. Cost: Free

### **Chinese Brush Painting Art Class**

**Thursday, November 21 from 10-11:30 am**

Join in an easy step-by-step process, no art skills are needed and all materials are included. Instructor: Gail Arpin-Finck. Must register to attend. Cost covered by Andover Senior Community FRIENDS

## Monthly Events

### Book Club

**Thursday, November 21 at 1:30 pm**

This is a program operated in conjunction with the Memorial Hall Library. The books that the group reads are all different genres and they read a new book each month. At the end of the meeting participants receive the new book that they will be reading in the next month. The group meets on the 4th Thursday of every month to discuss the book that everyone read. Must register in advance. Cost: Free

## Transportation

### Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Ashley for more details. Donations accepted

### Daily Ride to The Center

Daily trip to The Center; no charge; donations welcome.

### Grocery Shopping - Market Basket

**Every Wednesday**

Door-to-door service – We pick you up at your house and bring you home. Call to register Cost: Free

### Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

### Merrimack Valley Regional Transit Authority (MVRTA)

*The MVRTA offers transportation to many towns and cities. You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services. Please stop by for information or call 978-469-6878*

*Attention all MVRTA riders! If you are scheduled for an MVRTA EZ Trans ride, and your plans change, it is very helpful to please take the time to call 978-469-6878 option 3 to cancel your ride at least 1 hour before the start of your pick up time. This will allow other riders to benefit by helping the van drivers stay on schedule.*



## Outdoor Adventure Groups

### Men's Outdoor Adventure Group

(Meet at the Center at 9 a.m. & leave from there)

- ♦ **Wednesday, November 6 Amy Gordon Taft Reservation** Lead by Fred Snell
- ♦ **Wednesday, November 20 Weir Hill Reservation** Lead by Don Schroeder

### Women's Outdoor Adventure Group (WOAG)

All hikes leave from the Center at 9 a.m. & return by noon unless otherwise noted. If you would like to be added to the WOAG email list, email Jane Gifun at [fleecy.godmother@verizon.net](mailto:fleecy.godmother@verizon.net)

- ♦ **Thursday, November 7th** Pole Hill
- ♦ **Monday, November 18th** Haggets Pond

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## November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00</b> Quilting <b>9:00</b> Sunrise Singers <b>10:00</b> Massage <b>10:15</b> Rhythm-Aires <b>12:00</b> <b>American Chop Suey</b> <b>1:00</b> Drama Reading and Discussion <b>1:00</b> ESL (off site) <b>1:00</b> Fix-it Shop <b>1:00</b> Yoga for All <b>3:00</b> Energize w/ Exercise	<b>8:00</b> Men/Women Motion <b>9:00</b> Podiatry <b>9:10</b> Strengthen & Stride <b>9:30</b> Hearing Aid Check <b>10:00</b> Women's Bridge <b>10:15</b> Sit & Get Fit <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Chicken Parm</b> <b>12:30</b> Mahjong <b>1:00</b> Canasta <b>1:00</b> Social Bridge Drop in <b>1:10</b> Tai Chi Beginner <b>2:00</b> Breath, Balance & Body <b>2:10</b> Line Dancing <b>3:00</b> Zumba	<b>8:00</b> Strength Training <b>8:45</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Wood Carving/ Model <b>9:00</b> MOAG <b>9:00</b> Tap Dancing Basic <b>9:45</b> Tap Performance <b>10:00</b> Fiber Arts <b>10:00</b> Grocery Shopping <b>12:00</b> <b>Stuffed Cabbage</b> <b>1:00</b> Knit Wits <b>1:00</b> Fun & Games <b>1:00</b> Yoga Advanced Beginner <b>2:00</b> Wellness Clinic	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>  <b>Phone reservations will be taken until 4:00 pm the day before you wish to come.</b>  <b>Suggested donation \$3.00</b>	<b>8:00</b> Strength Training <b>8:30</b> French Conversation <b>8:45</b> Strength Training <b>10:00</b> Delta the Dog <b>10:15</b> Sit & Get Fit <b>10:30</b> Estate Planning & Elder Law <b>12:00</b> <b>Baked Fish</b> <b>1:00</b> ESL (off-site) <b>1:00</b> Canasta <b>1:00</b> Forty-Fives <b>1:00</b> Social Bridge Drop in <b>2:00</b> Ping Pong & Dancing
<b>4</b> <b>9:00</b> Quilting <b>9:00</b> Sunrise Singers <b>10:00</b> Massage <b>10:15</b> Rhythm-Aires <b>12:00</b> <b>American Chop Suey</b> <b>1:00</b> Drama Reading and Discussion <b>1:00</b> ESL (off site) <b>1:00</b> Fix-it Shop <b>1:00</b> Yoga for All <b>3:00</b> Energize w/ Exercise	<b>5</b> <b>8:00</b> Men/Women Motion <b>9:00</b> Podiatry <b>9:10</b> Strengthen & Stride <b>9:30</b> Hearing Aid Check <b>10:00</b> Women's Bridge <b>10:15</b> Sit & Get Fit <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Chicken Parm</b> <b>12:30</b> Mahjong <b>1:00</b> Canasta <b>1:00</b> Social Bridge Drop in <b>1:10</b> Tai Chi Beginner <b>2:00</b> Breath, Balance & Body <b>2:10</b> Line Dancing <b>3:00</b> Zumba	<b>6</b> <b>8:00</b> Strength Training <b>8:45</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Wood Carving/ Model <b>9:00</b> MOAG <b>9:00</b> Tap Dancing Basic <b>9:45</b> Tap Performance <b>10:00</b> Fiber Arts <b>10:00</b> Grocery Shopping <b>12:00</b> <b>Stuffed Cabbage</b> <b>1:00</b> Knit Wits <b>1:00</b> Fun & Games <b>1:00</b> Yoga Advanced Beginner <b>2:00</b> Wellness Clinic	<b>7</b> <b>8:00</b> Men /Women Motion <b>9:00</b> SHINE <b>9:00</b> WOAG <b>9:10</b> Strengthen & Stride <b>10:00</b> Open Studio Arts <b>10:00</b> Women's Bridge <b>10:00</b> Mindful Meditation <b>12:00</b> <b>Lemon Chicken</b> <b>1:00</b> Bridge <b>1:10</b> Tai Chi - Intermediate <b>2:15</b> Tai Chi - Adv-Beg <b>3:30</b> Energize w/ Exercise <b>4:00</b> <b>Neighbors In Need</b> <b>Final Boomerventure</b> <b>6:00</b> Reflexology <b>6:00</b> Table Tennis <b>6:45</b> Serenity Yoga	<b>8</b> <b>8:00</b> Strength Training <b>8:30</b> French Conversation <b>8:45</b> Strength Training <b>9:30</b> Chinese Rehearsal <b>10:00</b> Delta the Dog <b>10:15</b> Sit & Get Fit <b>12:00</b> <b>Fish</b> <b>1:00</b> Canasta/ Forty-Fives <b>1:00</b> Social Bridge Drop in <b>1:00</b> ESL <b>2:00</b> Ping Pong & Dancing
<b>11</b> <b>Veterans Day</b>	<b>12</b> <b>8:00</b> Men & Women in Motion <b>9:10</b> Strengthen & Stride <b>10:00</b> Women's Bridge	<b>13</b> <b>8:00</b> Strength Training <b>8:45</b> Strength Training <b>8:30</b> Comfort Critters	<b>14</b> <b>8:00</b> Men/Women Motion <b>8:30</b> COA Board Meeting <b>10:00</b> TRIAD Meeting	<b>15</b> <b>8:00</b> Strength Training <b>8:30</b> French Conversation <b>8:45</b> Strength Training

<b>Center Closed</b>	<b>10:15</b> Sit & Get Fit <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Chicken Marsala</b> <b>12:30</b> Mahjong <b>1:00</b> Fun & Games/ Canasta <b>1:00</b> Social Bridge Drop in <b>2:00</b> Breath, Balance & Body <b>2:15</b> Line Dancing <b>3:00</b> Zumba	<b>9:00</b> Podiatry <b>9:00</b> Wood Carving/ Model <b>9:00</b> Tap Dancing Basic <b>9:45</b> Tap Performance <b>10:00</b> Fiber Arts <b>10:00</b> Grocery Shopping <b>12:00</b> <b>THANKSGIVING</b> <b>LUNCHEON—TICKETS \$10</b> <b>1:00</b> Knit Wits <b>1:00</b> Yoga Advanced Beginner <b>2:00</b> Wellness Clinic	<b>10:00</b> Art Studio <b>9:00</b> Women's Outdoor Adv. <b>9:00</b> Andover Chronicler's <b>9:10</b> Strengthen & Stride <b>10:00</b> Women's Bridge <b>10:00</b> Mindful Meditation <b>12:00</b> <b>Rosemary Garlic Pork</b> <b>1:00</b> Bridge <b>1:30</b> Parkinson's Support <b>3:30</b> Energize w/ Exercise	<b>10:00</b> Delta the Dog <b>10:15</b> Sit & Get Fit <b>12:00</b> <b>BIRTHDAY LUNCH</b> <b>Cheeseburger</b> <b>1:00</b> Forty-Fives/Bridge <b>1:00</b> Canasta <b>1:00</b> ESL <b>2:00</b> Ping Pong & Dancing
<b>18</b> <b>9:00</b> Quilting <b>9:00</b> Cable Group <b>9:00</b> Sunrise Singers <b>9:00</b> WOAG <b>9:30</b> <b>Ask the Lawyer</b> <b>10:00</b> Massage <b>10:15</b> Rhythm-'Aires <b>12:00</b> <b>Chicken Broccoli</b> <b>1:00</b> Yoga for All <b>1:00</b> ESL (Offsite) <b>1:00</b> Fix-it Shop <b>1:00</b> Caregiver Support <b>1:00</b> Techie Live <b>3:00</b> Energize w/ Exercise	<b>19</b> <b>8:00</b> Men/Women Motion <b>9:10</b> Strengthen & Stride <b>10:00</b> Women's Bridge <b>10:15</b> Sit & Get Fit <b>10:30</b> Yoga Beginners <b>12:00</b> <b>Meatloaf</b> <b>12:30</b> Mahjong <b>1:00</b> Fun & Games /Canasta <b>1:10</b> Social Bridge <b>2:00</b> Breath, Balance & Body <b>2:15</b> Line Dancing <b>3:00</b> Zumba— Final	<b>20</b> <b>8:00</b> Strength Training <b>8:45</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Podiatry <b>9:00</b> Wood Carving & Model <b>9:00</b> Men's Outdoor Adv. <b>9:00</b> Nordic Walking Begins <b>9:00</b> Tap Dancing Basic <b>9:45</b> Tap Dance Performance <b>10:00</b> Fiber Arts <b>10:00</b> Grocery Shopping <b>12:00</b> <b>Sweet &amp; Sour Pork</b> <b>1:00</b> Knit Wits <b>1:00</b> Yoga Advanced Beginner <b>2:00</b> Wellness Clinic	<b>21</b> <b>8:00</b> Men /Women Motion <b>9:00</b> SHINE <b>10:00</b> Open Studio Art <b>9:10</b> Strengthen & Stride <b>10:00</b> Mindful Meditation <b>10:00</b> Women's Bridge <b>10:00</b> Brush Painting <b>12:00</b> <b>Chicken Cordon Bleu</b> <b>1:00</b> Bridge <b>1:30</b> Book Club <b>3:30</b> Energize w/ Exercise	<b>Last Day Celebration 22</b> <b>8:00</b> Strength Training <b>8:30</b> French Conversation <b>8:45</b> Strength Training <b>9:30</b> Chinese Rehearsal <b>10:00</b> Delta the Dog <b>10:15</b> Sit & Get Fit <b>12:00</b> <b>Salmon Mango Chutney</b> <b>12:30</b> Ice Cream Social <b>1:00</b> Canasta <b>1:00</b> Forty-Fives <b>1:00</b> Social Bridge Drop in <b>1:00</b> ESL <b>2:00</b> Ping Pong & Dancing
<b>25</b> <b>Center closed</b> <b>Meals on Wheels will be delivered</b>	<b>26</b> <b>Center Closed</b> <b>Meals on Wheels will be delivered</b>	<b>27</b> <b>Center Closed</b> <b>Meals on Wheels will be delivered</b>	<b>28</b> <b>Center Closed</b> <b>Thanksgiving</b>	<b>29</b> <b>Center Closed</b>



## Health and Wellness

### Hearing Aid Checks & Cleanings

**Tuesday, November 5 at 9:30 am**

Wendy Ring, Audiologist, with her practice downtown has always been a supporter of the Senior Center. She is offering hearing aid cleanings and checks, as well as hearing screenings. If you are in need of this type of service or have any questions about hearing, please sign up. Individuals are seen on a first come first served basis. First Tuesday of each month. Must register to attend. Cost: Free

### Delta the Therapy Dog

**Most Fridays**

Certified therapy dog Delta and her owner Beth come on Fridays to socialize and walk with anyone at the Senior Center who is interested. If you like dogs and are available on a Friday, please stop by around 10:00 and introduce yourself. Cost: Free

### Medical Equipment

The local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn, MA.

### Massage

**Mondays in November**

A seated chair massage will provide relaxation and self care. Must call to make an appointment. Mondays from 10 am-12 pm. Cost: \$15 for 20 minutes for seniors over 60

### Podiatry/Foot Care

**Wednesdays, call for Appointment**

A nurse from Foot Care Focus provides foot care services to Andover seniors. Homebound seniors who are interested should contact Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. Must call to make an appointment. Appointments from 9 am-12 pm Cost: \$10

### Wellness Clinics

**Wednesdays from 2 pm - 3 pm**

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. No appointment necessary. Cost: Free

**Mini Clinic** - Monday, November 18 from 2-3 pm at Andover Commons

**Mini Clinic** - Monday, November 25 from 1-2 pm at Frye Circle

## Fitness Classes

### FALL SESSION

All fitness classes in the Fall Session, except for Tai-Chi and Serenity Yoga will be extended an additional two weeks until November 22. That is our last day at 30 Whittier Court.

### WINTER SESSION

Class location and times will be announced in the next newsletter. Please know we are trying our best to keep classes on the same day of the week, but times may vary from what has been offered. All Thursday evening programs will end on November 7th.

### Walk the Gym

**Tuesday and Thursday from 9:00-11:00 am**

**at Cormier Youth Center starts November 5**

When you cold weather comes and the snow flies you can still get your walk in. Please register for this free program. Please do not park in the spaces abutting the Youth Center. Thank you!



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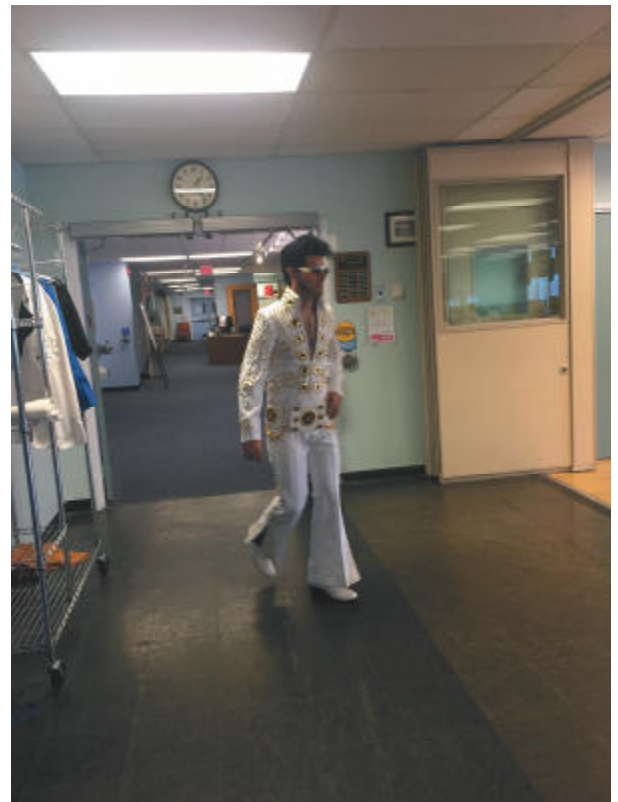


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## Memories and Photos from the Past



## Memories and Photos from the Past



## The Andover Senior Community FRIENDS, Inc.



### The Andover Senior Community FRIENDS upcoming meetings:

Friday, November 15 at 10:30 AM  
Please join us as we support so many  
of the free programs!  
Website: [andoverscf.org](http://andoverscf.org)

The Andover Senior Community FRIENDS, Inc.

PO Box 576  
Andover, MA 01810

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CITY: \_\_\_\_\_ STATE \_\_\_\_\_  
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There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile ([smile.amazon.com](http://smile.amazon.com)) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will donate a portion of the purchase price to the FRIENDS. It costs you nothing and will benefit our organization.

Help the FRIENDS support the programs at the Center at Punchard. Check out all we do! The FRIENDS are a 501c3

### Donations / Clean Out



As we prepare to transition to our temporary home, we will not be taking donated items.

We will also be cleaning out our closets and getting ready for the move. If you lead one of our craft groups, please contact Kathy for further discussion. We will work together to manage our craft supplies. Call Kathy at 978-623-8320 or email at [kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

## Staff

### Acting Director & Director of Community Services

Jemma Lambert  
[jemma.lambert@andoverma.us](mailto:jemma.lambert@andoverma.us)

### Social Work/Outreach

Kristine Arakelian, LCSW  
[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

### Program Coordinator

Kathy Byrne, LSW  
[kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

### Transportation/Outreach

Shawna McCloskey, LSW  
[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

### Volunteer Coordinator

Ashley English  
[ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)

### Office Assistant

Chris Marshall, Editor  
[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

### Administrative Assistants

Caren Connor  
Patty McCloskey  
Kusum Basra

### Senior Connections

#### Day Program

Stephanie McSurdy  
Sharon Thomson, RN  
Mary McGettrick

### Nutrition Staff

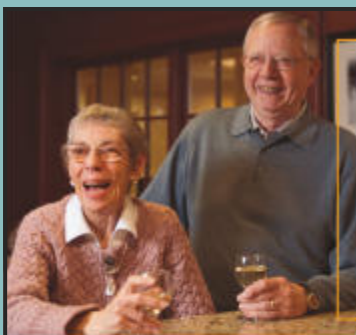
Frank Melendez, Chef  
[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)  
Sue Starbird  
Tina Solari

### Drivers

George Perakis  
George Thomson

### Student Interns

Alison Graziano  
Lindsay Katkowski



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